



MILITARY ACADEMY NOMINATIONS

CONGRESSMAN DAN BENISHEK M.D.
MICHIGAN'S FIRST DISTRICT

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MEMBER OF CONGRESS
FIRST DISTRICT, MICHIGAN

Congress of the United States
House of Representatives

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Dear Academy Applicant:

Thank you for your interest in a nomination to the United States Military Academies. I believe those who choose to serve in our nation's military are emblematic of the bravery and selflessness that has made America a beacon of freedom for over two centuries.

America's Military Academies have a rich history and have been training military officers in this country. From the bloody fields of Gettysburg, to the cold sands of Normandy's Omaha Beach, military leaders trained at these academies have helped lead this country through some of its most difficult days. And their work continues today in places like Iraq and Afghanistan where America's armed forces continue to defend liberty for all those who seek it.

Making nominations to our nation's military academies is a privilege that I take very seriously. I am humbled by the opportunity to name some of Northern Michigan's finest young people to our military academies. Please use the information enclosed in this packet to submit an application to my office. And whether or not you are nominated, I would like to sincerely wish you the best of luck in your future endeavors.

Best wishes,

A handwritten signature in blue ink, appearing to read 'Dan Benishek', is positioned below the 'Best wishes,' text.

Dan Benishek M.D.
Member of Congress
Michigan's First District



MILITARY ACADEMY NOMINATIONS

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MILITARY ACADEMY NOMINATIONS

Timeline

May 15, 2011	First Day to Apply for a Nomination
September 30, 2011	All Applications Must be Submitted
October, 2011	Nomination Interviews
Late April, 2012	Accepted Nominees will be Contacted
May 1, 2012	Deadline for Appointment Acceptance



MILITARY ACADEMY NOMINATIONS

How Nominations Are Made

Choosing the most qualified candidates to be nominated for a military academy nomination is no easy task. Congressman Benishek is committed to having a fair and open nomination process. Nominees are chosen strictly on the quality of their qualifications, past academic record, standardized test scores, resume, essay, and letters of recommendation. No other information will be used when selecting candidates for nomination.

In order to ensure the utmost level of fairness and quality in the fiercely competitive nomination process, Congressman Benishek has asked a number of qualified and experienced individuals to serve on a Military Academy Nomination Board. This board will review all applications, interview prospective nominees, and then choose who they feel is the most qualified candidates for military academy nominations.

There are undoubtedly many young people in Northern Michigan suitable for a nomination to a military academy, but Congressman Benishek believes this process is the most fair and efficient way to select the most skilled and qualified candidates to be nominated.



MILITARY ACADEMY NOMINATIONS

Qualifications

To be eligible for a nomination from Congressman Dan Benishek M.D. one must:

- Be a citizen of the United States by the time you enter a military academy.
- Be a legal resident of Michigan's First Congressional District. To check, please go to: <http://www.house.gov/> and enter your ZIP code.
- Be 17-years-old, but not yet past one's 23rd birthday on July 1st of the year one enters a military academy.
- Earned an above average academic record.
- Achieved competitive standardized test scores (ACT/SAT).
- Scored near or above the published averages on the Candidate Fitness Assessment (CFA).
- Be medically qualified as determined by the Department of Defense Medical Evaluation and Review Board (DoDMERB).
- Have unquestionable strong moral character and display uncompromising integrity.



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Required Materials Checklist (Pages 7 and 8)

All Materials Must Be Returned By

Friday, September 30, 2011

☐

Application for nomination (See page 14)

- > Complete entire application form.
- > Please type or print neatly.
- > Make sure to sign and date application form.

☐

Materials from your school

- > Current class schedule (may be included on transcript)
- > Official academic transcripts from high school and college (if applicable)
- > Disciplinary records from all four years of high school.
- > Attendance records from all four years of high school.

☐

Standardized test scores (ACT/SAT)

- > May be included on transcript.

☐

Candidate Fitness Assessment scores (See page 15)

- > Please have examiner complete form and include with application.

☐

Resume (See example on page 12)

- > Include extracurricular activities starting in 9th grade and employment history.

☐

Essay: *"Why I want to attend a military academy..."*

- > Please keep essay to 500 words or less.



MILITARY ACADEMY NOMINATIONS



Letters of Recommendation

> Please include 3 letters.

> Should be from people who applicant knows personally, and should attest to applicant's character, motivation to serve, and integrity.

> Letters should be mailed directly to Congressman Benishek's Marquette Office (See address below).



One page explanation of your felony charge and/or conviction (if required)

*****Please mail completed, signed, and dated application package to Congressman Benishek's Marquette office. Remember, all materials **MUST** be postmarked by **Friday, September 30, 2011**.

Please mail all materials to:

Congressman Dan Benishek M.D.
ATTN: Military Academy Application
307 S. Front St., Ste. 120
Marquette, MI 49855
Phone (906) 273-1661
Fax (906) 273-1663



MILITARY ACADEMY NOMINATIONS

Frequently Asked Questions

What is a nomination?

Members of Congress may nominate applicants who meet the eligibility requirements established by law. A candidate may seek a nomination from the following:

- A member of the U.S. House of Representatives who represents the congressional district in which the candidate resides
- Both U.S. Senators from his or her state
- Apply directly to the Vice-President of the United States

What are the basic eligibility requirements?

Each applicant for a nomination must meet the following eligibility requirements as of July 1st of the year of admission to an academy:

- Age: Be at least 17 years old, but not have passed the 23rd birthday
- Citizenship: Must be a U.S. citizen
- Marital Status: Must be unmarried, not pregnant, and without legal obligation to support children or other dependents
- Residence: Must reside within the boundaries of the 1st Congressional District of Michigan.
- Skill / Fitness: Must meet the medical, physical, and academic requirements of the Academy.

Who do I contact to request an application?

Please go to <http://benishek.house.gov/serving-you/military-academy-nominations> to download the application or complete the one included in this packet.

When do I apply for a nomination?

My nomination application period opens May 15th of each year for those candidates who are high school juniors and will be seniors the following school year, or who have already graduated.

What is the deadline for completing a nomination file?

The deadline for submitting a nomination packet to Congressman Benishek's Marquette District Office is Friday, September 30, 2011. Please contact my Marquette office at 906-273-1661 for more specifics.



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What must be included in my nomination file?

A complete nomination file consists of the following items:

- Current photo
- High school transcript
- American College Testing Program (ACT) results and/or College Board Scholastic Assessment Test (SAT) results
- Resume of extracurricular activities
- An essay stating why you want to attend a service academy (500 words or less)
- Minimum of three letters of recommendation

What happens after I have completed my nomination file?

Applicants who submit a completed nomination file will be scheduled for an interview in November or December.

What criteria is used in selecting candidates?

Nominations are based on a "whole person" evaluation. Factors such as academic achievements, extra-curricular activities, leadership skills, physical aptitude, character and motivation are taken into consideration and compared with other applicants.

How many academies are there?

There are five service academies.

Three reside within the Department of Defense:

- U.S. Military Academy at West Point, New York
- U.S. Naval Academy at Annapolis, Maryland
- U.S. Air Force Academy at Colorado Springs

Two reside within the Department of Transportation:

- U.S. Merchant Marine Academy at Kings Point, New York
- U.S. Coast Guard Academy at New London, Connecticut



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Are the requirements the same for all of the service academies?

No. Although many of the qualifications are similar, each academy operates under its own admissions guidelines. Visit the academy of your choice via the websites noted for each academy's particular admissions qualifications. It is not necessary to seek a nomination to the Coast Guard Academy, as the U.S.C.G.A. accepts candidates based on their own testing criteria.

Who should I ask to write a letter of recommendation on my behalf?

Some of the people applicants typically seek recommendations from include:

- Teachers
- Counselors
- Employers
- Coaches
- Clergy
- Scout Leaders

Will I automatically be selected by the academy after I receive a nomination?

No. You will be placed among a select group of nominees, and the academy of your choice will make the final decision. If selected, you will receive an offer of admission (an appointment) directly from the academy.

What if I choose more than one academy? Will I be limited to a single nomination?

No. You can be nominated to multiple academies depending on how well you have competed among this year's pool of candidates. It is also possible to win multiple appointments.

When will I know if I have been offered an appointment by an academy?

Academies will begin to notify candidates of their admission status in February. All offers of appointment are generally sent out by May.



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Sample Resume

Jane N. Doe

3418 Adams St • Tucson, Arizona 85355 • (555) 570-1212

JaneDoe@Gmail.com

Education

AGUA FRIA HIGH SCHOOL

- Attended 2001 to Present. Will graduate 24 May 2006
- 3.69 Cumulative GPA
- Top 5% of graduating class (100 students)

Extracurricular Activities

JROTC

- Kitty Hawk Air Society Commander (10,11,12)
- Executive Officer (11)

SCRAPBOOKING CLUB: Active member (9,10,11)

STUDENT COUNCIL

- Active member (9,10,11)
- Senior Class Secretary (12)

NATIONAL HONOR SOCIETY: Active member (10,11,12)

TENNIS

- Varsity letter (10,11,12)
- Junior Varsity (10)
- Team Captain (11,12)

Awards and Accomplishments

LEADERSHIP CONFERENCES

- Girls State, Tucson, Arizona (June 2004)
- National Youth Leadership Forum on Defense, Intelligence, and Diplomacy, Washington, DC (October 2003)
- Kitty Hawk Air Society Worldwide Conference, Daytona Beach, Florida (June 2002 and June 2003)

AWARDS

- Agua Fria School Board Award (2001-2002)
- American Legion Military Excellence Award (2003-2004)
- AIA Scholar Athlete Award (2001-2002, 2002-2003, and 2003-2004)



MILITARY ACADEMY NOMINATIONS

HONORS

- Member of the National Honor Roll (2004)
- Member of Who's Who Among American High School Students (2004)

Community Activities

- ADOPT-A-HIGHWAY – Responsible for picking up trash along I-10 West of Phoenix
- HABITAT FOR HUMANITY – Assisted in building a home for those less fortunate
- GOOD SHEPHERD RETIREMENT CENTER – Visit with elderly and sick, assist nurses with various activities
- HOPE'S CLOSET – Volunteered time in a thrift store that benefits New Life Women's Shelter
- ADOPT-A-FAMILY (Christmas) – Organized and was responsible for adopting one homeless family and providing them with a complete Christmas (gifts, meal, etc.)

Employment History

LITCHFIELD PARK RECREATION CENTER

- Recreation Aide – May 1999 to Present
 - Responsible for organizing and participating in Youth Sports Camps for children ages 5-12, including art, theater, sports, and outdoor activities
- Cashier/Receptionist – May 2003 to Present
 - Responsible for collecting money and passes for recreation activities, registering participants for classes, answering telephones, and providing quality customer service



CONGRESSMAN DAN BENISHEK M.D.

MICHIGAN'S FIRST DISTRICT

- U.S. SERVICE ACADEMY NOMINATION APPLICATION -

Please attach photo here.
It should be a recent
picture and no larger than
wallet size.

FULL NAME: _____

First

Last

CURRENT ADDRESS:

PHONE NUMBER:

Street

CELL NUMBER:

Apt./P.O Box

SOCIAL SECURITY NUMBER:

City

State

Zip

EMAIL: _____

BIRTH DATE: _____

PARENT(S) NAMES: _____

SCHOOL LAST ATTENDED: _____

Enrollment Date

Graduation Date

GPA

Class Rank

SAT SCORES:

Critical Reading

Math

Writing

Comp.

ACT SCORES:

English

Math

Reading

Science

Reasoning

Writing

Comp.

APPLIED THROUGH OTHER SOURCES? Please check all that apply:

☐

Senator Carl Levin

☐

Senator Debbie Stabenow

☐

Other

Please rank those academies below with #1 being your first choice for a nomination. Again, please rank only those to which you have applied.

_____ US Air Force Academy

_____ US Military Academy

_____ US Naval Academy

_____ US Merchant Marine Academy

I hereby state that I am a United States Citizen and a legal resident of Michigan's First Congressional District. In signing this application, I request that Congressman Dan Benishek M.D., consider my application for a Congressional nomination to one or more of the United States Service Academies. I understand and accept that the deadline for completed applications and all requested materials is: **September 30, 2011**

SIGNATURE: _____

DATE: _____ / _____ / **2011**



Congressman Dan Benishek M.D.

MICHIGAN'S FIRST DISTRICT

- U.S Service Academy Nomination Candidate Fitness Assessment –

INSTRUCTIONS:

Take this worksheet with you when you complete your Fitness Assessment. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). Your examiner should be your high school PE teacher or coach. If you are home-schooled you may use your PE teacher (if not your parent), your ROTC instructor (if applicable), or your Military Academy Admissions Liaison Officer.

*****NO FAMILY MEMBER MAY ADMINISTER THIS EXAMINATION.

1. **Basketball Throw:** record three attempts to the nearest foot.
 - a) 1st Attempt (feet) _____ b) 2nd Attempt (feet) _____ c) 3rd Attempt (feet) _____
2. **Pull-Ups/Flexed Arm Hang :** Men must complete the pull-ups. Women may complete EITHER the pull-ups or the flexed arm hang.
 - a) Pull-Ups (number completed) _____
 - b) Flexed Arm Hang – women only (number of seconds) _____
3. **Shuttle Run:** Record two attempts to the nearest tenth of a second.
 - a) 1st Attempt (seconds and tenths of seconds) ____:____
 - b) 2nd Attempt (seconds and tenths of seconds) ____:____
4. **Modified Sit-Ups** (number completed) _____
5. **Push-Ups** (number completed) _____
6. **One Mile Run** (minutes and seconds) ____:____

EXAMINER INFORMATION

Name & Title: _____

Telephone Number: _____ - _____ - _____ home/business/cell (circle one please)

Email Address: _____

Remarks (any unusual circumstances): _____

Signature: _____ Date: ____/____/2011